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Technical

As of December 2008, the shuttle manifest calls for eight assembly flights to the International Space Station, one to service the Hubble Space Telescope. In addition, we have two shuttle flights to the station, called "contingency flights," that would be used for logistics, or in the event of an issue with assembly, if needed, before the shuttle's 2010 retirement.

Check out the NASA Transition for more information:

http://www.nasa.gov/mission_pages/transition/home/index.html

I

Informational

Internal and external Change Agents are critical to the success of any transition. Change Agents attend to stakeholders – those impacted by and those influencing a change – and move the change forward. They work with and through people and sometimes have a thankless job, especially when the change is unwelcomed. Change Agents must understand and be committed to the goals of the change and have strong interpersonal, communication, and process skills.

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Personal

Self-Talk - This is the internal dialogue a person carries on with themselves all day long. Most people do not have a conscious awareness for self-talk or the influence it has on anxiety, stress, and self-esteem. Self-talk has a similar influence to that of mental imagery. Negative mental images and negative self-talk can result in anxiety and psychosomatic symptoms. Positive mental images and positive self-talk encourages self-confidence, effective coping, and a general feeling of well being.

